

# High Intensity TRAINING Pulling Workout

Name \_\_\_\_\_

**Objective:** The students will be able to perform a H.I.T. training workout routine using prior training techniques and skills in order to reinforce lifelong fitness and muscular development practices.

1. Training Exercises: Eight to twelve strength exercises that address all of the major muscle groups.
2. Training Frequency: Two to three nonconsecutive training sessions per week.
3. Training Sets: One or more sets of each exercise.
4. Training Resistance: Approximately 70 to 85 percent of maximum resistance.
5. Training Repetitions: Approximately eight to twelve controlled repetitions.
6. Training Progression: Approximately 5 percent increase resistance whenever 12 controlled repetitions are completed.
7. Training Speed: Slow to moderate movement speed--for example, two seconds lifting and four seconds lowering.
8. Training Range: Whenever possible, full range of joint movement

<b>Circle ONE</b> <b>Mass or Definition</b> 70-85%      45%-65%	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>
<b>Back Row</b>  1RM _____	___ X ___ Sets    Reps Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
<b>Lat Pull-down</b>  1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
<b>Biceps Curl</b>  10RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
<b>Upright Row</b>  10RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
<b>Reverse Fly</b>  10RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
<b>Single Arm Dumbbell Row</b>  1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
<b>Pull-up</b>  1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
_____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
<b>Instructor signature</b>				

**For Additional information go to:** [www.AustinPhysicalEducation.com](http://www.AustinPhysicalEducation.com)